

## Flip the Script The Real Battle

**Our mind is THE battlefield (2 Corinthians 10:3-5).** If our current season has revealed anything, it is that we are at war against worry, depression, and anxiety. We are at war for peace, joy, and security. Our enemy is cunning and crafty, specializing in lies that we passively embrace. God calls us to actively step into the battle, to take every thought captive to the obedience of Christ and to renew our minds. If we will ask, He will begin to highlight the strongholds of thinking and belief that are keeping us from all He has for us. He longs to equip us with the necessary tools and weapons to battle victoriously.

### GETTING STARTED

Thinking back to your childhood, what was one thought and choice that you remember to be completely disastrous? What was the consequence of your thought and choice, and what did you learn from the experience?

### GO DEEPER

1. From Ephesians 6:12 and 1 Peter 5:8, who is our enemy?
2. According to John 8:44, the primary weapon of our enemy is the lies he weaves into our thought patterns and mental soundtracks. What lies does the enemy tell?
3. How do we begin to counter those lies, according to 2 Corinthians 10:5?

### MAKE IT PERSONAL

1. What lies do you think you have embraced over the past year (or more) that have possibly become strongholds in your life and mind?
2. How well are you battling against those lies, taking every thought captive to the obedience of Christ? What makes the battle difficult for you?
3. What would it look like, or how different would your life be, if you began to flip the script and win the war in your mind?

### PRACTICE IT NOW – GROUP ACTIVITY

In groups of two or three, if possible, take time to purposefully declare truth over one another (embrace the awkwardness) as a beginning step to counteract the lies of our enemy. Use this simple format: \_\_\_\_\_ (name of person), I declare over you that in Jesus you \_\_\_\_\_ (truth). Feel free to expound if you desire.

*In Jesus, you...are loved, adopted, forgiven, blessed, righteous, holy, pure, secure, accepted*

*In Jesus, you have been given...truth, mercy, grace, freedom, joy, peace, hope, kindness, belonging, abundance, rest, unity, faith*

### PERSONAL DECLARATION

***I am winning the war in my mind.*** I declare that I am winning the war in my mind. Rather than being a victim of my mind, I choose to take every thought captive and make it obedient to Christ. I refuse to conform to worldly patterns of thinking. Because God has given me a sound mind, *I choose to align my thoughts with the truth of Scripture and the Spirit of God. Today I set my mind on things above* (Deuteronomy 30:15; 2 Corinthians 10:5; Romans 12:2; 2 Timothy 1:7; Colossians 3:2).